THE LIGHTER PLATE METHOD

Savoury Oats with Spring Onion & Soft Egg

Oats gone savoury — silky, salty and topped with a jammy egg.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
4 min	**11 min**	**15 min**	**2**	**EASY**

Ingredients

- 80 g porridge oats
- 450 ml hot vegetable stock
- 4 spring onions (sliced)
- 2 eggs
- 1 tbsp soy sauce
- 2 tsp sesame seeds
- 1 tsp sesame oil

Method

1. Lower the eggs into boiling water and cook for 6½ minutes for a jammy yolk. Drain, run under cold water and peel.
2. Meanwhile, put the oats and stock in a pan and simmer over a medium heat for 6 minutes, stirring, until thick and creamy.
3. Stir in the soy sauce and half the spring onions.
4. Divide between two bowls. Halve the eggs and sit them on top, then finish with sesame seeds, the remaining spring onions and a few drops of sesame oil.

Tips & swaps

- Stock instead of milk is what makes this work. Cook the oats a little looser than you would for sweet porridge, closer to a congee.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
270	**14g**	**32g**	**9g**	**5g**

Estimated values, for guidance only. Contains: Egg, Oats (gluten), Soya, Sesame.